Amy Garber, Founder of the Enlightened Soul Center
April 9, 2021
Issue #48
The
Crazy Wisdom
Weekly

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly

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The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

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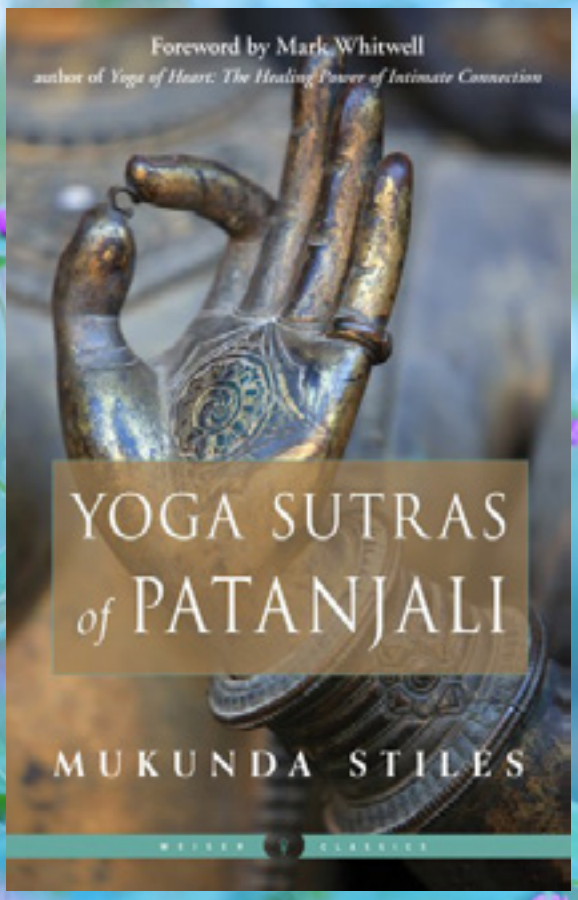
Foreword by Mark Whitwell
author of Yoga of Heart: The Healing Power of Intimate Connection
YOGA SUTRAS
of PATANJALI
MUKUNDA STILES

NEW EBOOK

Yoga Sutras of Patanjali by Mukunda Stiles

Patanjali is to yoga what the Buddha is to Buddhism. His yoga sutras—literally "the path to transcendence"—are a means to profound self-realization and are considered the spiritual and philosophical root of the yoga tradition in its various forms.

This concise, poetic rendering of the classic Yoga Sutra text conveys both the essence and depth of the yoga tradition. Mukunda Stiles had a lifelong devotion to the spiritual practice of yoga. Here, he shares Patanjali's essential work with precision and insight. He also includes a succinct line-for-line commentary, as well as word-by-word Sanskrit-to-English translation.

To Purchase: http://bit.ly/ebookyogasutra

Also available in hardcover at shopcrazywisdom.com

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Madeline Strong Diehl
Amy Garber
Sue Salaniuk
Carol Karr
Jennifer Carson
Bill Zirinsky

word of the week:

Leucos

Visually dazzling and bright, vividly light or pale in color;brilliant, clear

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

From Issue #77

On Forest Bathing and the Kindness of Trees

By Madeline Strong-Diehl

For as long as I can remember, I have been a tree-loving, tree-hugging kind of gal. At 4'11" tall I had a small body and strong arms that made it easy for me to climb trees. For years, I could follow my two children up any tree as high as they could go. But somewhere along the way I gained some weight and fear of heights, and my tree-climbing days were over. Nevertheless, I have never gotten over my deep reverence for trees. It should be obvious to anyone that they are higher life forms.

Everywhere I have lived, a particular tree has called out to me in friendship. When I first moved to Ann Arbor, more than thirty years ago, I met my "Grandmother Tree" in Wurster Park, located on the Old West Side (and tantalizingly close to Washtenaw Dairy). Prior to that, my Grandmother Trees had been pretty modest, but according to a nearby sign, the tree on top of the hill at Wurster Park is a champion-sized chinkapin oak that's on the natural registry of historic trees. Ever since we found each other, I have visited my tree often, seeking peace, solace, and advice. There's no doubt that she's at least one hundred years old, and a lightning scar down her middle has always helped me remember that we can survive and grow from almost any difficulty in life.

Up until now I would not be so open about the fact that I hug and talk with trees. Fortunately, there is a lot of scientific data coming out that confirms that establishing a close relationship with trees—and even houseplants—can benefit human health in a lot of ways. This is especially important during the time of Covid. We're probably not going to return to our old ways of socializing with each other indoors anytime soon, however there is a lot of communing—and healing—that we can do outdoors among trees.

A 2001 study sponsored by the Environmental Protection Agency found that the average American spent 93 percent of his or her time indoors—and that was before the coronavirus pandemic caused many people to work from home. Beginning in 2005, researchers had begun to study nature deficit disorder—a condition that can contribute to higher rates of emotional and physical illnesses, including obesity, attention difficulties, and feelings of alienation from nature and from our own bodies. But luckily, there's more recent data showing that we can restore our relationship with nature—and ourselves—quite easily and reap the tremendous health benefits of forest bathing just by spending an hour or two meditating among trees—and it's all free.

The Japanese coined the term and began to study the effects of Shinrin-yoku (forest bathing) in the 1980s. Then, in April 2018, Qing Li, a doctor at Nippon Medical School in Japan, published a book about forest bathing for a general audience after more than twenty-five years of research. According to research by Dr. Li and his colleagues, forest bathing can "release positive hormones in the body," leaving people less sad, angry, anxious, burnt-out, and depressed. It also enhances the immune system, leads to fewer days of illness, and provides a faster recovery from injury or surgery. It improves heart and lung health and is "known to (increase) focus, concentration, and memory." It sounds like a miracle cure, but the field of Forest Medicine is growing throughout the world, along with the number of scientists who are studying it.

So, what is the difference between forest bathing and just taking a walk through the woods? Well, unlike taking a walk from here to there, the main point of forest bathing is to walk randomly, without a destination. Leave your phone and your camera at home and enter the woods mindfully and without any preset expectations. Try to stop listening to the chatter in your head and listen to the forest instead. Look all around you and really notice everything—all living creatures, great and small. Stay in the moment and perhaps meditate on this query: Everything in the forest lives as one. How can I join the One? Most importantly, my own advice—keep your heart open and use all of your senses to search for your Grandmother Tree. She will call out to you, and then you must ask her permission to enter her space; touch her bark; sense the peace and kindness that she is sending out in every direction. When you are both ready, you will both embrace each other, and you'll feel more grounded to the earth than ever before. You will know, without question, that you belong here. Stay as long as it takes until you're able to offer yourself radical self-compassion, and remember to say thank you to the forest, and to your Grandmother Tree, when you are done.

Don't despair if you can't get to a state or national forest to practice Shinrin-yoku. You can actually practice by befriending just one tree. Ann Arbor earned its place as a "Tree City USA" for good reason, and in your search for a tree to commune with, you'll be hard-pressed not to find one.

Read the rest of the story online.

What's Up In Our Community

with Amy Garber of the Enlightened Soul Center

Amy Garber is a spiritual counselor and intuition teacher. Garber is also the founder and co-director of the Enlightened Soul Expo, and co-founder and director of the Enlightened Soul Center in Ann Arbor. Visit online to learn more at enlightenedsoulcenter.com.

What kinds of changes did you have to make in order for your business to not only survive, but thrive through these last 12 months of pandemic restrictions and closures?

For my business, Enlightened Soul Center & Shop, to survive during these past 12 months of the pandemic, of course we had to first close the brick-and-mortar center. That lasted 4 months the first time (March–July), then we closed again in November & December due to the resurgence of high COVID infection numbers. Many of our former renters and presenters did not return once we re-opened in July, opting instead to go virtual on their own or not to offer events or classes at all. Those who did come back to offer in-person events had to honor the distancing restrictions, and therefore capacity for the events was limited. Also, instead of being able to use all 4 of my rooms, we could only use the largest room to accommodate the proper distancing of attendees, which limited the number of concurrent events we could host. So those are the some of the survival challenges.

Despite the challenges, I'm glad to say that we're thriving as a result of creative "pivoting" and taking advantage of what we could safely do. In my private business, Metafizzy LLC, I teach intuition development classes and do psychic channeled readings. I was able to keep that going by switching to Zoom (and later hybrid in-person and Zoom) classes and virtual readings. In response to the lack of Center business and student requests, I expanded my class offerings and now also teach Mediumship (connecting to departed souls), Voice Channeling, and two levels of Reading Practice. Coming soon will be a Confirmation Tools class and a Nature Spirits outdoor class.

Also, I think due to the pandemic specifically and entering a new phase of the Age of Aquarius generally, more people have been looking within and wanting to know more: About themselves, what their life purpose is, about why we are here, and how the Universe works. I have seen an increase in the number of people looking for metaphysical products and wanting to take classes. So I have been increasing our product line in response to requests and to further support what the Center teaches.

As it happens, our lease is up and we have been looking for a street-level, more visible, and larger space. With the unfortunate closing of many businesses, there are now many opportunities for those of us who can make that move.

What kinds of struggles have you had to stay positive in such a downer year? What helped you to "stay in the light"?

First, a prominent astrologer I hosted in 2018 had explained that astrologers could see that something "very big" was going to happen in January 2020, but that they didn't know exactly what it would be. He said that it would be so big and widespread that we would refer to it later as the "time before [this event]" and the "time after [this event]". So I knew in the back of my mind that something was coming, and now we know it was the COVID-19 pandemic.

I have a personal belief that "things happen for a reason" and that because humanity has, or at the very least New Agers have, craved positive changes for society and our world, we now see that changes are occurring — but not without some upheaval. We want equality for all races & ethnicities: Then the George Floyd death occurred, igniting not just our country but the world. And recently, a more public exposure of the mistreatment

of Asian Americans is coming to the fore to be exposed and healed. We want Earth's environment to be restored: Then during the worldwide lockdowns, nature started reclaiming itself and animals responded. We want a compassionate society: Then the PPE crisis caused an amazing response of generosity by others donating & volunteering, making masks, changing their businesses to create needed products, honoring first responders/healthcare heroes/essential workers, and drug companies collaborating & sharing research to make vaccines. As a person with spiritual beliefs, I tend to look at the glass as more than half full anyway. Of course there were and are also financial/emotional/etc. struggles, but I don't think anyone could argue that there were many positives to see during this tumultuous time.

And thank goodness for the Internet, where so much sharing could take place while in isolation. I have personally seen many great revelations that people have received during this time of introspection and forced isolation. HUGE life changes for the better seem to have come out of this period of "hitting the pause button" on our outer distractions, both for individuals and society.

As an intuitive, what do you feel is the greatest lesson we've learned, or should've learned, during the last year?

I started channeling written messages after my meditation early in the pandemic, and in looking at those, they are similar to what I said above. Here is a wonderful expression of this from Spirit:

"Walk, don't run. Take things in stride. Take strides. There is nowhere to run, except from within. Go within. Allow what comes up to come up, and be grateful for the time to address it."

Another way to say it is, this time has allowed for people to assess their priorities and their direction. Many have faced their mortality with this deadly disease looming, and that type of introspection can be fruitful. I know people who have retired or quit their jobs or relationships, wanting more meaning from life or a new path!

Have you had conversations with other intuitives about what the Universe is trying to lead us into and why a pandemic had to be the inciting event? Do you all agree on this?

Most have agreed that this is an opportunity for introspection and healing.

Will your semi-annual expo still be held this spring, or will you be postponing it? What information is behind this decision?

Definitely not spring and not even fall 2021. It takes a minimum of 4 months to plan an expo. We cannot be sure that it is responsible to safely invite a few thousand people to gather at a large event this year. Although vaccination rates have been accelerating, not everyone (especially in the lightworker community) wants to be vaccinated. And with the uncertainty of the virus's mutations, we don't yet fully know how well the existing vaccines will affect these variants. Europe is already seeing another surge and implementing lockdowns. So… remains to be seen for 2022.

Crazy Wisdom Poetry Series

hosted by
Ed Morin, David Jibson,
and Rainey Lamey

Second and Fourth Wednesday
of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Crazy Wisdom Poetry Series Featured readers

April 28 – Celebrate National Poetry Month!
The peer-to-peer writers workshop of the Crazy Wisdom Poetry Circle, which meets on the second Wednesday of each month, read selections of their work. Featured readers: Joseph Kelty, David Jibson, Edward Morin, Rainey Lamey, Lissa Perrin, Gregory Mahr, Dana Dever, and others.

Crazy Wisdom Poetry Circle
The Poetry Series is open to all. There is never a charge.
https://cwcircle.poetry.blog/

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Yoga Pose of the Week

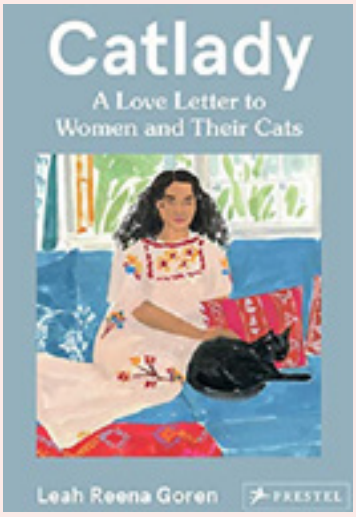
Ardha Chandrasana

This pose is a terrific balance representing the half moon. The energy of the pose is both uplifting and stabilizing/centering. It strengths the legs, hips and shoulders. It's great at opening the abdominal area and as such is a boon for women especially when pregnant and done supported. It will also open the chest, lung and heart areas.

Classically one moves into it from trikonasana and then back out into trikonasana. Be sure to keep the standing leg perpendicular so as not to adversely impact the leg muscles or joints. Keep the head, hip and raised foot in line. For those with balance issues it can be done at a wall or counter. For those wishing to help their hips they can support the upper foot or leg.

Sue Salaniuk owns and teaches at The Yoga Space. She holds a Level 3 Iyengar Certificate, and is certified by the International Association of Yoga Therapists and RYT 500. She may be reached at sue@yogaspaceannarbor.com.

Crazy Wisdom Book Pick of the Week



Purchase your copy of *Catlady* at shopcrazywisdom.com.

Catlady

The connection between women and cats is timeless--explore how this truth endures in the 21st century through Leah Goren's enchanting artwork, along with contributions by more than 25 women.

There's no question that cats rule the world--ask any cat owner and they'll tell you how these balls of fur insert themselves into our lives and establish dominion over the household. In this book, Leah Goren brings together smart, funny essays by ban.do founder Jen Gotch, writer Mara Altman, novelist Emma Straub, and designer Justina Blakeney, among others. She also conducts illuminating interviews with women who have built their lives or careers around cats, such as Lisa Kytösaho, the head of a cheetah rehabilitation and conservation organization in South Africa, and Hannah Shaw, a humane educator and rescuer of neonatal kittens. Throughout the book, Goren's appealing illustrations bring the joys of cat friendship to life, while her observations about the roles that cats have played in history, fashion, mythology, and art help us understand why the human-cat connection is so powerful. Sophisticated yet accessible, and featuring the work of a hugely popular illustrator, this book's wisdom and artwork reveal deeper truths about what makes cats so appealing as companions. Catlady will speak to the millions of cat lovers who know just how strongly we identify with our feline friends.

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Some old-fashioned things like fresh air and sunshine are hard to beat.

—Laura Ingalls Wilder

The Heart and Soul of Bird Watching

By Peggy River Singer

My apartment complex on Ford Lake was built into a strip of forested land along the eastern shore. The lake itself and the surrounding woods offer a popular stop-over spot for migrating birds. The year-round variety of feathered neighbors is one of my favorite aspects of living here. Ducks and other waterfowl have always been favorites of mine; and I quickly learned that the more I stared at them through binoculars, the more likely it was that they would move to the other side of the lake to avoid my intrusive energy.

Birds and other animals are fully "plugged in" to the energetic world around us, in all its unseen complexity; and this permits instant communication among them. It also helps them pick up on our energies, especially our emotional energies. They can easily perceive when they're being watched by humans, especially when that attention is magnified by the unblinking "eyes" of binocular or camera lenses.

Last spring, I spent a good bit of time trying to figure out the species of a mystery bird with a distinctive song. Like many warblers, he was skittish around humans. He wouldn't allow me to get close enough to see the field marks that would have helped me identify him; and whenever I tried to focus my binoculars on him, he zipped away into the trees.

I'll bet you can guess what the problem was! My scientifically trained left-brain really wanted to find out what kind of warbler he was! After all, it's exciting to spot a bird you haven't seen before, and I could share the news on my neighborhood blog. But even though I offered Reiki to the bird, my stubborn determination to capture his identity overpowered Reiki's gentle energy, and convinced him to keep his distance.

Finally, I reminded myself that the forest is a different world, and I would always be a guest of those who dwelled there. In order to be a considerate visitor, I would need to let go of my human desire to do whatever I wanted and soften my energy so it would be heart-based.

With that in mind, the next time I heard that special song, I put away the binoculars, leaned up against a tree, and sent loving Reiki energy toward the singer. I told him I'd love to meet him face to face for a conversation, but only if he was comfortable with that nearness. And I assured him that whatever he decided to do would be fine with me, and his wishes would be respected

A few moments later, he fluttered into some brush about 20 feet away. Close enough to show me he was thinking about my invitation, but far enough away for him to feel safe. Warblers are very active birds, so he didn't stay still for long, but I got the message. Though I once had wondered why he had tolerated my persistence so long, now I feel that he was intentionally teaching me something important.

This fresh approach has served me well in countless similar situations. A feisty little Carolina Wren approached quite close and assumed one pose after another so I could see all his field marks (look for the peach-colored breast). A Gray Catbird serenaded me with his glorious liquid song from a perch only three feet away, and tilted his head to show me his black cap. A Sharp-shinned Hawk resting on our bird feeder made sure I could see the markings on her tail and face. A Redstart concealed in deep brush showed me the red-orange chevron on his wing, which was all I needed to see to know his name.

Can you FEEL the difference between saying: "Now I've identified that bird and I can add it to my Life List"; and "Now I know what kind of bird he is"? That energy tells an animal a lot about you as an individual human, and whether you can be trusted to offer no harm.

You can apply the ideas I've described any time you go into nature, with just about any kind of animal, and you don't need to be an animal communicator or Reiki practitioner. Simply project peaceful thoughts or visualize you and the animal close together. Your positive energy, respect, and desire to share a space or an experience—instead of trying to dominate or control it or take something from it—will be universally understood.

P.S. I'm still looking forward to figuring out that warbler if he stops by for a visit again this spring. If you're wondering why I don't just ASK him what kind of bird he is, it's not that simple. He might tell me his personal name, but it's likely he won't know (or care) what species name humans have given him!

Peggy River Singer is a heart-centered animal communicator, medium, faerie ally, and Reiki practitioner who has been writing all her life. She combines her gift for communications with her psychic abilities to help create harmonious relationships among all who share the Earth. Connect by phone at 734-548-0194; and by email at newbluecanoe@aol.com. She shares her experiences and insights on her blog, angelsfairiesandlife.wordpress.com.

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***with* Barbara Brodsky channeling The Mother**
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———————

Evening with Aaron
***with* Barbara Brodsky channeling Aaron**
All levels – Wednesday | 4/21, 5/19, 6/16
Registration and information: DeepSpring.org

DeepSpring.org | info@deepspring.org | 734.477.5848
Deep Spring Center is a 501(c)3 non-profit. See website for details.

The Five Secrets to a Peaceful Spirit

By Keith Copeland

Do you ever feel overwhelmed? Stressed out? Uneasy with what you have or who you are?

There is a remedy for all these situations. It's simple. In fact, it's so simple, most people overlook this powerful principle.

But it's not easy. You actually have to think about it, and you also have to commit to following through.

So it's simple . . . it's just not easy.

The First Secret: Gratefulness for What You Have

Do you have all you want?

Do you want all you have?

My guess is, if you're like most people I know, then you have lots of cool things. You may have a garage full of those things. You may have an attic full of those those things. Your rooms may be full of those things.

Someone once asked me: Look around your house -- how many things have not been used in the past 12 months? In reality, 95 percent of the things have not been used in the last 12 months. And probably will not be used in the next 12 months, or two years, or five years.

Now it doesn't include your emergency generator that you may use when the power goes out. You need to keep your refrigerator going. But how many things do you have that you will really never use?

Make a list of 10 things that you want right now but don't yet have. Do you really need those things? Will those things add value to your life?

I'm not saying don't get new things, or clear out many things you already have. But I am saying that most of us have an unsettled spirit because we want more. The first secret is being grateful for what we have.

The Second Secret: Gratefulness for Those in Your Life

My wife and I were fortunate enough to have opened Quest Martial Arts 16 years ago. We started it with the intention of creating a fantastic community of people coming together to support each other and what they're trying to accomplish.

It wasn't just punching and kicking, self-defense, or learning the most effective martial art in the world. Some people came for confidence. Some people came for a greater ability to express who they are. Some people came to be a part of the community, something bigger than themselves. Some people heard about the personal development aspect that is unique to our school and developed invaluable leadership skills.

We grew to love and cherish all members of our Quest community. Our students, their parents, our amazing instructors and management staff.

However, in the past three years, we have cultivated a much deeper gratefulness and love for our Quest community.

That community continues to grow and flourish, and at the same time has allowed us to live in Tennessee taking care of my aging parents. This allowed my wife and I to truly get to know, support, and become deep friends with both of my parents during the last 12 months, before they passed away.

I'm so grateful for all the people in my life who allowed me to have this experience with three people who I am so grateful for, my parents and my loving wife.

So gratefulness for those who are in your life can give you great peace of spirit.

Read the rest of the secrets online!

Jane L Finkbeiner
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The Crazy Wisdom weekly Calendar

Animals and Pets

Basic Animal Communication with Judy Ramsey • Saturday-Sunday, Apr. 17-18 • 9 a.m.-4 p.m. • Learn to communicate with animals the way they communicate with each other telepathically. In a nurturing environment, you will learn step-by-step how to calm your mind to allow your natural telepathic skills to blossom and connect with animal minds. This is a two-day online class that goes from 9am-4pm each day. Prerequisite: read Animal Talk by Penelope Smith. $160 per person/$140 if paid by 1/5/2021 or 3/12/2021 for the April class. Contact Judy at 517-480-4513; ramsey.judy003@yahoo.com or JudyRamsey.net.

Arts and Crafts

Breathe with the Wind: Nature-based Sound Installation/ Performance • Sunday, Apr. 11 • 2:00 p.m. • "Breathe with the Wind", a site-specific sound installation / performance. The work explores the ultimate dimension of intimacy with the earth, and the installation engages to curate a contemplative space for the participants to find an awareness or closer relation to nature. In particular, the air element is symbolic to the work through the perception of winds and breaths as a collective natural movement of air.

Installation dates: April 11 - 18, 2021
Hours: 7AM - 10PM daily
Location: Thurston Nature Center located near the U-M North Campus in Ann Arbor.
2398 Yorktown Dr, Ann Arbor, MI 48105
On the opening and the closing day of the week-long installation, live performances will take place on-site:

- April 11th, Sunday 2pm
- April 18th, Sunday 2pm

(In the case of rain, the performance may be postponed or only one performance may take place.) For more information email Akari Komura at akomura@umich.edu or visit online.

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

Meditation

Nature Bath with Amanda Anastasia • Sunday, Apr. 11 • 11 a.m. • Soak in the high-vibration, healing energies of nature as we collectively engage in a guided meditative immersion that will bring you back home to all that you are. Led by Amanda Anastasia, yoga instructor and joy coach. Dress for the weather and look forward to feeling refreshed by the loving, warming connections we will make with all your relations - earth, wind, air and fire. Please contact Amanda to register at least three hours prior to the event. We will be meeting in various locations in Ann Arbor. Details will be emailed closer to the date. Approx. one-two hour workshop. Sliding scale fee: $33-$77. Contact Amanda at amahessling@gmail.com or joypriestess.com.

Movement and Dance

Feldenkrais Method Workshop • Saturday, Apr. 10 • 11 a.m. • Learn movement patterns that are designed to help you get back into action. In this introductory all-levels workshop you will be introduced to the unique approach of the Feldenkrais Method, which encompasses subtle, but effective movement patterns designed to reduce aches and pains in your back, hips, shoulders and neck - and make you feel good all over! Following a Feldenkrais session, participants typically report feelings of well-being, groundedness, balance, better posture, and calm. Movements in this introductory class will take place on the floor, so you must be able to get down to the floor and back up. The only props required are a soft surface to lie on and some support for under your head (a blanket, towel, or a small pillow). Learnmore and register online at aarecedonline.com or call 734-994-2300 ext 0.

Free Groove Method-Online • Saturday, Apr. 10 • 9 a.m. • GROOVE® is a unique and dynamic dance experience where we will be united through simple movements and dance them in our own ways. You will experience everything from slow, delicious meditative grooves to heart thumping and strength building cardio beats. People of all abilities, sizes, and fitness levels are welcomed. No prior dance experience required..Certified GROOVE® Facilitator: Hsiao-Wen Lo. Visit aarecedonline.com or call 734-994-2300 ext 0 for more information.

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Retreats

Half-day meditation with JissoJi Zen Ann Arbor • Sunday, Apr. 11 • 8:20 a.m. • Periods of sitting and walking meditation in traditional Japanese Soto Zen style, instructions are available by request. All events are on Zoom during the winter months. Link available by request. Donations welcome. Contact Marta at 248-202-3102; JissoJiZen@gmail.com or JissoJiZen.org.

8 Day Retreat via Zoom • **Saturday, Apr. 10- 17 • 9 a.m.** • Taking a Deep Breath of Gratitude Amidst a Pandemic. Can we take a deep breath of gratitude for all the light and love in the universe which is being offered to us? Registration closes, Wed., April 7, 2021. Learn more online at deepspring.org.

Shamanism

Introduction to Journeying • Begins Sunday, April 18 • 10 a.m. 6 hr. class includes power animal retrieval and journey to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. For more information contact Connie Lee Eiland, clshebear7@gmail.com, or call 248-809-3230 or visit shewolfshaman.com.

Basic Shamanic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life • April 10-11, • 9am-3pm $150 per person. The shamanic journey is an easy and powerful tool we can use to access spiritual guidance. In this class, you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies.For more information Contact Judy at 517-480-4513; ramsey.judy003@yahoo.com or JudyRamsey.net.

Spiritual Development

Women in the Church: Past, Present and Future with the Weber Center • Saturday, Apr. 17 • 9:30 a.m.-3:30 p.m. • In her acclaimed book Crispina and Her Sisters, author Christine Schenk, C.S.J., explores the history of women's roles in early Christianity and the authority women exercised in the ancient church. Looking closely at visual imagery found on burial artifacts, Sister Schenk demonstrates how these early Jesus followers were far more influential than is commonly understood. What was it about Jesus that made his movement so attractive to women? Come and spend time with the fiery Christian women of yesterday and today who are changing the course of history and consider what it means for Christian communities today and tomorrow. Contact the Weber Center at 517-266-4000 or webercenter.org.

Virtual Events

iZōsh® Ann Arbor Virtual Event: "From Surviving to Thriving: Stories of Hope and Perseverance from Honduras" • Saturday, April 10 • 12 p.m. • iZōsh: Women Investing in Women will host a virtual Event on Saturday, April 10 at noon. Amy Thompson, Senior Director of Philanthropy for World Vision, will share about the resilience of women entrepreneurs in Honduras. Gather with us online to learn about the power of microfinance to alleviate extreme poverty, and together we'll find micro-loan recipients to fund in real time. There is no charge to register, but you do need to register in order to attend.

Click this link to register in advance for the Zoom meeting. Questions: contact.annarbor@izosh.org. You can also RSVP here to get more information leading up to the Event: https://www.facebook.com/events/254507606338963

Writing and Poetry

Crazy Wisdom Poetry Series hosted by Edward Morin , David Jobson, and Rainey Lamey • April 28 • 7-9 p.m. Celebrate National Poetry Month! Members of the peer-driven writer's workshop of the Crazy Wisdom Poetry Circle, which meets on the second Wednesday of each month, read selections of their work. They are Joseph Kelty, David Jibson, Edward Morin, Loraine Lamey, Lissa Perrin, Greagory Mahr, Dana Decer, and others. All welcome via Zoom. Email cwpoetrycircle@gmail.com for zoom link. Registration for open mic starts at 6:45 p.m.

Yoga

Family Yoga Free Class • Sunday, Apr. 11 • 12:30 p.m. • The perfect way to end the weekend for the entire family. For toddlers, grandparents, and everyone in between! Have fun with interactive group movements using yoga postures that will spark your creativity. Some poses may be inspired by nature (like tree pose) or animals (like lion pose) while others will be classical yoga style poses geared for all ages. Each class will tell the yoga story of helpfulness, kindness, connection, friendship, and mindfulness using a variety of yoga poses, creative movement, breathing exercises, and will end with relaxation. No yoga experience is necessary! Visit aarecedonline.com or call 734-994-2300 ext 0.

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Online and In-Person Yoga Classes with Ema Stefanova • Ongoing classes • Classes are designed to effectively relieve stress at a deeper level, both in the body and in the mind. Experience a sense of harmony and centering. Dynamic posture sequences are followed by systematic relaxation and visualization at the end. Also offering pprivate yoga therapy and meditation for clients and groups. Contact Ann Arbor Yoga and Meditation at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Spring adds new life and new beauty to all that is.
— Jessica Harrelson
Photo by timkraaijvanger on.